

# Corn Muffins

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat/enriched blend flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	<b>1.</b> Combine flour, cornmeal, powdered sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 3 minutes on low speed.
Yellow Cornmeal	3 oz	½ cup	6 oz	1 cup	
Powdered sugar	5 oz	1 cup	10 oz	2 cups	
baking powder		1 Tbsp		2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Frozen whole eggs, thawed	2 oz	¼ cup	4 oz	½ cup	<b>2.</b> Slowly add eggs and mix for 30 seconds on low speed. Scrape down sides of bowl.
OR	OR	OR		OR	
Fresh large eggs		2 each		3 each	
Low-fat 1% milk		1 cup		2 cups	<b>3.</b> Slowly add milk and mix for 30 seconds on medium speed until smooth.
Vegetable oil		¼ cup		½ cup	
					<b>4.</b> Add oil and mix for 30 seconds on medium

5. Using a No. 20 scoop (3 ? Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined.
6. Bake until golden brown: Conventional oven: 400° F for 15 minutes Convection oven: 375° F for 10 minutes
7. Portion is 1 muffin.
8. No CCP necessary.

#### Notes

A new nutrient analysis will be coming. Edited July 2014. Restandardization in progress.

The grain ingredient used in this recipe must meet the Food and Nutrition Service whole-grain rich criteria.

Serving	Yield	Volume
1 muffin provides the equivalent of ¼ slice bread.	<b>25 Servings:</b> 1 lb 9 oz	<b>25 Servings:</b> 25 muffins 1 quart 1 cup (batter)
	<b>50 Servings:</b> 3 lb 2 oz	<b>50 Servings:</b> 50 muffins 2 quarts 2 cups (batter)

Nutrients Per Serving					
Calories	94	Saturated Fat		Iron	1 mg
Protein	2 g	Cholesterol	10 mg	Calcium	55 mg
Carbohydrate	16 g	Vitamin A	42 IU	Sodium	192 mg
Total Fat	3 g	Vitamin C		Dietary Fiber	1 g